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THE HANDMAID'S TALE

It may be a dark future, but individual humanity still shines in this series

metroLIFE

Pride 30 FOR 30

Mason Godwaldt, 19, will serve as the youth marshal for Pride Winnipeg 2017.

JESSICA BOTELHO-URBANSKI/METRO

A MILESTONE TO BE PROUD OF

As Pride Winnipeg marks 30th year, Metro launches series on the unsung heroes

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Drone racing ready for takeoff

COMPETITION

Why the sport of the future is 'almost a form of meditation'

Keila DePape
For Metro | Winnipeg

What both Time magazine and local enthusiasts refer to as "the sport of the future" has officially taken off in Winnipeg.

"This is the inaugural event and birth of the Winnipeg Drone Racing League," said Tom Kowalsky, who organized the city's first drone race at the Graffiti Gallery on Sunday.

Colourful palm-sized drones covered the tables at the back of the gallery, where pilots eagerly prepare to race the tiny crafts through a winding course lined with pool noodles.

Kowalsky designed the race-course himself, complete 165 feet of string-LED lighting "essential for FPV flying."

Organizer Jeremy Kowalsky says this drone race is just the beginning — the next race is already in the works and a full-time facility could follow soon after. KEILA DEPAPE/FOR METRO

In first-person view (FPV) racing, pilots wear goggles that allow him/her to see out of the camera on their drone, and control it based on real-time visual feedback as though they were in a cockpit.

The LED lights help pilots stay oriented, said Kowalsky.

"When you get your goggles on, it's like an escape," said participant Brett Howden.

"You're totally focused — it's almost a form of meditation. I can just sit there for hours and fly and fly."

Another participant, Jeremy Gentry said he "fell in love with it" from the moment he first took flight.

He called Sunday "more of a meet and greet to share stories and information," with the few other local enthusiasts, but they still take the competition seriously and award prizes at the end.

With around 10 participants, the odds of taking home a new drone aren't bad, and the participants are tight-knit.

"These guys are a community," said Kowalsky, who sees a need for an indoor flying space as that community grows, especially after new laws came into effect last month restricting where and when people can fly drones.

> **When you get your goggles on, it's like an escape.**
> Brett Howden

The technology to race drones has only been available for a few years, but it's already spurred many large-scale events.

The second annual National Drone Racing Championships took place last summer in New York City, making headlines when ESPN broadcast the races for the first time.

The national competition led up to the Drone World Championship in Hawaii, where contestants from all over the world came to compete for international glory and the $100,000 prize.

"Eight months ago they (investors) were predicting it would be a 20-billion-dollar industry, now they're saying 100 billion by 2020," said Kowalsky, who has big plans for more events. "The idea is to move the venue around to exciting places in the neighbourhood," said Kowalsky. "I think within a year, we'll look at building a facility for year-round indoor flying."

Kowalsky thinks the drone community in Winnipeg will get bigger, especially as the technology becomes more accessible. A basic drone costs about $250.

"If you build it, they will come. I have no doubt," said Kowalsky. "Here they are, and this is just day one."

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New York's tourism industry plans to woo Canadians. **World**

Transgender teen talks about life in Steinbach

Pride 30 FOR 30

Conservative enclave held first parade last year

Jessica Botelho-Urbanski
Metro | Winnipeg

For Mason Godwaldt, a 19-year-old transgender man, growing up in conservative Steinbach wasn't easy.

But after experiencing heart failure at age 13, he started coming into his true self.

"I was dead for seven-and-a-half minutes, 30 seconds away from having brain damage. So then I was like, 'Well, I better start living now!'" he said in an interview Friday, speaking openly about past struggles in the middle of a Steinbach coffee shop.

Mason came out as a lesbian shortly thereafter and discovered what transgender meant later thanks to Tumblr, a blogging network popular among teens.

When talking to another transgender teen, he "realized a lot of the things I feel about myself were relating to how he feels about being trans," he said.

Mason told his family he was transgender at age 16, and they were "extremely accepting," validating his transition.

Then he wrote a book, We Are Valid, featuring 30 interviews with transgender youth from across North America.

Mason's mom, Tammy Godwaldt, nominated him for Metro's Pride 30 because of his courage. "Being openly transgender and proud of it, to be who you are in Steinbach is a pretty big thing," she said.

The community, located in Manitoba's Bible Belt, made national headlines last year when it hosted its first ever Pride parade.

"Mason can be that voice for the people who don't have the voice. And he's very happy to do that," his mom said.

Mason is also the youth marshal for Pride Winnipeg this year, where he'll deliver a speech at the rally before the parade June 4.

He doesn't plan to shy away from the spotlight anytime soon.

"There's always going to be those few kids or older people who don't know about (transgender identity), who still aren't comfortable and who still need somebody… to be out and open about it," he said.

After coming out at 16, Mason received messages telling him to "find Jesus" or "stay away from people's children."

"But it wasn't actually as bad as I thought it was going to be," Mason said. "And I found through being open this much, I've found a lot more accepting people (to be around)."

Mason Godwaldt, 19, is the author of We Are Valid, featuring 30 interviews with transgender youth. JESSICA BOTELHO-URBANSKI/METRO

Explaining importance of Pride

What's your favourite Pride moment?

Being able to speak at Steinbach Pride last year. It was my first time public speaking.

Why do you think Pride was important 30 years ago?

I believe it was important because it was a start for the battle of acceptance for LGBTTQ Manitobans.

Why is Pride important now?

It is important today to show that there is still safe places, safe people and acceptance for LGBTTQ people; and that there are still people fighting for the love we all deserve.

METRO FEATURE

- Nominate yourself or someone who's making an impact on the Pride community to be featured in Metro's anniversary feature leading up to the festival May 26-June 4.
- Email Jessica Botelho-Urbanski with the subject line "Pride 30 for 30" at jurbanski@metronews.ca or tweet at us at @MetroWinnipeg with the hashtag #Pride30

COMMUNITY

Asper 'jumping into' police board role

Braeden Jones
Metro | Winnipeg

With his first meeting fast approaching, the first citizen-appointed chairman of Winnipeg's police board has thrown himself into the role less than a week after his appointment.

"I'm jumping into the river in a very strong current," David Asper said Sunday.

While he admits he's "in an orientation period," he adds that, with the board's next meeting scheduled for Friday May 5, he knew he'd have to get up to speed quickly.

"My starting point obviously is to read the legislation and the bylaw … I'm doing a lot of reading, talking to people, trying to get context for what's come before," Asper said, noting he's dug into meeting minutes, reports, "all that's publicly available."

As a self-proclaimed "nerd when it comes to thinking about society and the rule of law," Asper said he's so far enthusiastic about ensuring the Winnipeg Police Service is working for citizens.

He also acquainted himself with the board's self-assessment, a brief survey existing members completed, to identify "lower-rated areas … where there may be some room for improvement."

Before the board meets Friday, Asper said he'll be meeting with both co-chairs of the Indigenous Council on Policing and Crime Prevention, as he understands speaking for the entire community to be "part of the mandate."

"I want to make sure we're building bridges, not just to Indigenous communities, but to new Canadians and all citizens," he said.

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Mom's bittersweet return

FORT MAC: ONE YEAR LATER

Baby brought family strength in dark time

Helen Pike
Metro | Calgary

After losing her Fort McMurray home at 40 weeks pregnant, Kyle McLaren and her fiancé are renting a home with their daughter Dawson, now almost one year old. JENNIFER FRIESEN/FOR METRO

It was the best and worst year of her life. Last year, in their Abasand home, Kyle McLaren, who was 40 weeks pregnant, barely had time to scoop up her shoes before running out the door in the last minutes to evacuate from the Fort McMurray fire.

A year later, McLaren said she still dreams of what she could have taken with her — a photo album, an accordion file folder, her baby's blanket.

Her daughter, Dawson, who was born safely in Calgary on May 13 in Room 13 at 10:13 a.m., is walking now. McLaren says without her, she's not sure she would have made it through the fire.

"At first, none of it kicked in, we were just there," McLaren said. Instead of bringing her baby home to her own house, with the things she'd gathered for their newborn daughter, she was in a cramped room in her Calgary relatives' home.

"They let me just take a baby home from a hospital," McLaren said. "I still have postpartum, and I think it's worse because of what happened."

She said that when her mind lingers to having her next baby she immediately thinks: "What if the house burns down again?"

"Last year was the worst year of my life, but it was also the best, because she was born," McLaren said. "It was an exciting time and experience, but it was really crappy.... If I didn't have her, there was no way I would have made it through this.... She was a happy distraction."

Over the phone from Fort Mac, you can hear McLaren's teething tot gurgling in the background, fussing, laughing. Her home burnt down so she's living in a downtown condo. It took her eight months before she and her family felt ready to return.

"We were really excited to come up here, but it was scary," McLaren said.

When Dawson was six months old they came up to Fort Mac for a visit, snuck into their old neighbourhood and couldn't discern which of the rubble-ridden lots used to be theirs. That was hard, and she hasn't been able to go back since, but coming back for keeps was another matter.

"I was excited to be on our own again, be a family, but I was also terrified," McLaren said.

metro EXCLUSIVE

Canadians ready to save Great Lakes

May Warren
Metro | Toronto

The majority of Canadians support stepping up to fund the Great Lakes if the U.S. guts a program to protect them.

That's the finding of a new Forum Research poll for Metro.

It found 57 per cent agreed Canada has a responsibly to increase funding to the Great Lakes if the U.S. cuts investment.

Donald Trump's proposed budget plans to nearly wipe out the Great Lakes Restoration Initiative, cutting its $300-million budget by 97 per cent. Mark Mattson, president of Lake Ontario Waterkeepers, warns that would have disastrous consequences on the Great Lakes ecosystem.

"To make cutbacks now and to go from an era of restoration, which is really what we've been seeing for the last 10 years, and go back to an era of destruction is just not going to fly with the Americans," he said.

N.Y. worried about Trump travel slump

New York's tourism industry is worried U.S. President Donald Trump's America First policies are turning off Canadian visitors, and they're heading north this week to woo Canucks and their tourism dollars.

The head of New York City's official tourism organization, NYC & Company, minces no words in admitting he's keen "to counter a little bit of the negative rhetoric that is coming out of Washington."

"We recognize there are challenges at the border at the moment," Fred Dixon said by phone from New York before the trip.

"We want to remind everyone that New York City is welcoming and that we are a diverse and safe city, a sanctuary city like Toronto, and we value the same things."

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metro VIEWS
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Monday, May 1, 2017

URBAN ETIQUETTE ELLEN VANSTONE

The top ten transit faux pas and how to avoid them

Judging by the mailbag here at Metro, our nation's public transit systems are filled with people who don't have the first clue about proper etiquette. It's almost as if they don't care about the comfort and safety of their fellow riders! Here is a handy Top Ten list of reminders for readers who do care.

1. Think of your backpack as a precious baby, that you want to hug to your chest and protect from the bumps and bruises of fellow riders. Do not think of this baby as a small lumpy weapon strapped to your back in order to whack surrounding passengers.

2. Keep your feet off the furniture. Those big boots of yours might impress some, but most of us will only be reminded of animals, like the ones you grew up with in a barn, and the dogs and pigeons whose sidewalk-poop particles you are now distributing onto seats shared by all.

3. Keep your business to your self. We're not impressed that you own a cellphone, and we don't want your loud conversation ringing in our ears while we try to mind our own business.

4. One ticket = one seat. Don't take up two seats with your bags and belongings. Don't take up 1½ seats with your elbows or sad addiction to manspreading.

5. Stand up and offer your seat when you see a parent struggling with small children, or a pre-parent struggling with a giant, unwieldy belly, or an older, infirm person, or any other kind of incapacitated fellow human being who needs that seat more than you do.

6. Stand aside if you're near the doors and not getting off. Don't block the exit doors.

7. Sit down rather than hover over an empty seat, preventing anyone else from using it.

8. Nibble discreetly on some inert comestible if you must. Please refrain from chowing down on a dripping, reeking burrito, half of which ends up on your clothes or the floor. It's hard to watch let alone smell.

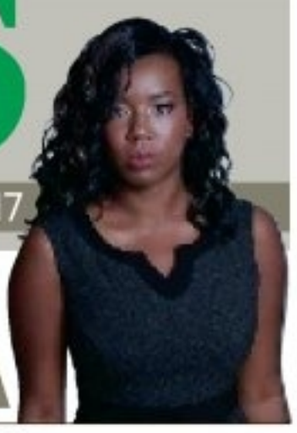
9. Wash irritating chemicals off your body when going in public. Though your "eau de Pepé Le Pew" may smell marginally better than the warm, pungent sushi being scarfed down in the seat next to you, nobody really wants your artificial fragrance up their nostrils and bringing tears to their eyes. And if this appeal to consideration doesn't convince you, note that perfume, like plastic, is increasingly passé.

10. Move to the back. This is a strange one and we've all done it — we cluster near the front like mad drunks at a kitchen party, happy to be crushed in a crowd rather than retire to the thinly populated regions of the living room, or back of the bus. It's a human impulse But as overpowering human impulses go, this is one of the easier ones to master. So disengage from the crowd, be the rugged individualist we know you can be, and lead the masses to space salvation at the rear!

It's these small acts of heroism that may save us all in the end.

Need advice?
Email Ellen:
askellen@metronews.ca

VICKY MOCHAMA



Revived rift is ruining my ability to wax nostalgic

Like fanny packs, crop tops and Jeff Goldblum's career, trade conflagrations over softwood lumber with our American neighbours are back.

It's the '90s all over again.

Softwood lumber is in the news now thanks to Donald Trump, who last week slapped duties between three and 24 per cent on Canadian softwood lumber. Industry leaders here shot back, saying the move was illegal and they will fight it in court.

Growing up, my parents were nightly news watchers; it seemed to me that Peter Mansbridge was positively obsessed with softwood lumber. (We should not rule out the possibility that this trade debacle is actually Peter's parting present to his fellow newscasters. A true diva only leaves after an encore.) Back then, I did not understand what it was about but I, along with the rest of the nation, breathed a sigh of relief when Canada and the United States announced a resolution to the long-standing dispute in 2006.

The softwood lumber squabble was, I had hoped, something I could tell the next generations about with sighing nostalgia.

"In the '90s and early aughts," I planned to tell my grandnieces and nephews via telepathic Skype, "we used to have trees."

"Mom took us to see The Last Tree at Disney!" they'd exclaim.

I would sigh, "Yes, and once upon a time, we made things with trees and we got into a fight with the United States about trees. We called it the softwood lumber dispute."

With the deadpan boredom of children, they'd ask, "What's softwood lumber?"

"Hello? Sorry. My telepathy is going out."

My telepathy will not be going out. I don't think I can answer that question. And I had hoped that it wouldn't come up again during my adult years.

You see, I'm not entirely sure I know what softwood lumber is. I am certain I've been told about it.

It's one of those quirks of the brain that there are a handful of important things that I'll always have difficulty remembering.

For example, I regularly pay a utility bill but I can't tell you with any certainty whether it's heat, water, electricity or gas. It is possibly two of the four though I'd be guessing if I had to pick.

Another one I can't quite pin down is ovulation. I'm a woman and a feminist and I believe in taking responsibility for one's own health. And yet, I have nothing but a series of guesses as to all five Ws and the How of ovulation. That one I'm certain I've been tested on.

How odd then to find myself sympathizing with President Trump. Both of us know nothing about softwood lumber, have likely been briefed on it and are fudging the answer.

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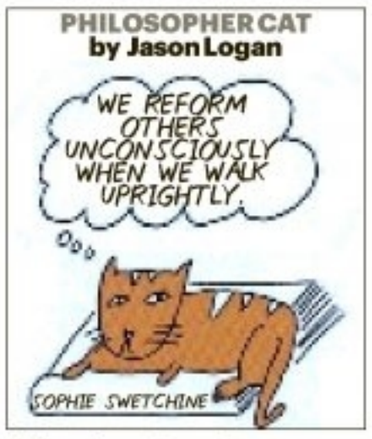

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Hope for preemies as artificial womb helps tiny lambs grow

Don't overpay tax man

TAX

It's better to have money in your pocket now than later

Gail Vaz-Oxlade
For Metro Canada

Tax refunds sound and feel great for most of us at the end of a financial year, but wouldn't you rather have that money in the first place? ISTOCK

People are always telling me why they can't save. In the next breath they tell me about the tax refund they're getting.

I ask: "Why would you give the government an interest-free loan? Are you cray-zee?"

They say: "It's like forced savings."

So what they're really saying is that they can't keep their sticky paws off their savings and would rather earn no interest on their money. Hmm.

Reality check: Money in your pocket now is better than money in your pocket down the road.

And yet every year, about two-thirds of the people who file a tax return in Canada end up getting a refund, with the average refund running to just over $1,400.

Geeze Louise! That's more than $100 a month you could have put to work for YOU.

Start by reviewing your TD1 Form to make sure you have only as much tax as necessary withheld. If you just got married and your mate doesn't have an income, you can update your TD1 to claim the spousal amount. Ditto if you're new to the workforce and plan to claim tuition credits you've carried forward.

Here's a form that very few people use, but is remarkably useful for keeping money out of the government's hands: Form T1213: Request to Reduce Tax Deductions at Source. This form lets you request permission from the tax man to have your employer reduce the amount of income tax taken off of your paycheque every month.

If you can demonstrate that you're eligible for certain recurring deductions that will reduce your tax bill at the end of the year, you can trade in your tax refund for more take-home pay.

Do you make monthly RRSP contributions by way of pre-authorized withdrawal? You're eligible. How about childcare expenses? If you're tithing monthly, you can do it for your charitable donations. If you have rental losses, interest expenses on investment loans, or carrying charges, those are eligible too. So are support payments.

You'll have to fill out the form and send it to the tax man every year. You can do it at any time, but the best time is in October or November for the following year, so open up your diary and set a reminder right now. Once you're approved, the tax man will provide instructions by letter to you, which you then give to your employer, who will adjust your pay for the remainder of the year.

Fill out Form T1213 and get the tax man's approval and instead of paying extra tax and getting refunded, you'll pay less tax on an ongoing basis so you'll have more cash that you can then use to establish an automatic savings plan.

Whether you send that money to your RRSP, your TFSA or your high-interest savings account, it's way better in your hands than in the tax man's.

JOHANNA SCHNELLER
WHAT I'M WATCHING

As a group, humans are corruptible

THE SHOW: The Handmaid's Tale S1, E2 (Bravo)
THE MOMENT: The cookie

In a dystopian near-future, handmaid Offred (Elisabeth Moss) serves as a breeder for her Commander (Joseph Fiennes) and his wife Serena (Yvonne Strahovski). At another commander's house, a condescending wife offers Offred a cookie.

"You shouldn't spoil them. Sugar is bad for them," another wife scolds.

"Surely one won't hurt," Condescending says.

Serena hands Offred a perfect macaron. It's clear this is a rare treat. It's also horribly shaming. Offred takes a small bite.

"Isn't she well-behaved!" Condescending trills.

Offred, excused, clamps a hand over her mouth and ducks into a powder room. She spits the lump of chewed cookie into the sink and rinses it away. She smiles into the mirror. They haven't killed her spirit yet.

Elisabeth Moss (Offred) in The Handmaid's Tale. CONTRIBUTED

I was anxious about this series. I greatly admired Margaret Atwood's source novel, but there were things I didn't buy (the biggest: that a society set up by men would revolve around dreadful sex). But I'm happy to report that the three episodes I've seen are terrific.

First, as all reviewers have noted, creeping totalitarianism in the real world makes the story eerily timely. Second, the flashbacks that show the U.S. turning into this rigid theocracy are excellent slices of believability. Third, we see just enough of them that the scenes of pre-turn, regular life look like heavens of freedom.

Mainly, I'm loving how the show makes room for scenes like this one; original, off-kilter, yet tone-perfect character moments that demonstrate the larger theme: humans as a group are corruptible, but individual humanity can endure.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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WHY I LIKE MY JOB

Matthew Hubbard, 42, tool and die lead hand, Henniges Automotive Schlegel, Burlington Ont.

When I finished high school, I had no idea what I wanted to do. My grandmother saw how good I was with my hands and suggested I go into tool and die making like her father. At that time (that job) was still in high demand.

I took a pre-apprenticeship course for tool and die to gain some experience on machines and to see if I liked it. It was the best $1,500 I've spent. The course knocked a year off of my four-year apprenticeship. Then I wrote my Certificate of Qualifications — the tool and die journeyman's papers.

Today, I work for a company that makes window seals for the automotive, building and construction industries. A typical day would be reading blueprints, turning workpieces on a lathe, grinding punches, running a wire EDM or CNC machine and ordering supplies.

I enjoy watching the tools I have made being used for years and years. I can walk down any one of our lines and point out all of the tooling I have made over the 14 years I've been here.

Before I went into tool and die I tried a bunch of different jobs, from advertising to retail to photography. I stuck with it because you're always learning – every day is different. When my boss asks if I can do something, the answer is nine out of 10 times "yes." The fun part is figuring out how I'm going to do it.

Tool and die making is a growing industry. ISTOCK

THE BASICS

$55,440

Median annual salary for an intermediate tool and die maker. Those with advanced training and experience can expect to earn upwards of $80,000 per year.

305%

The growth in job postings between 2014 and 2015.

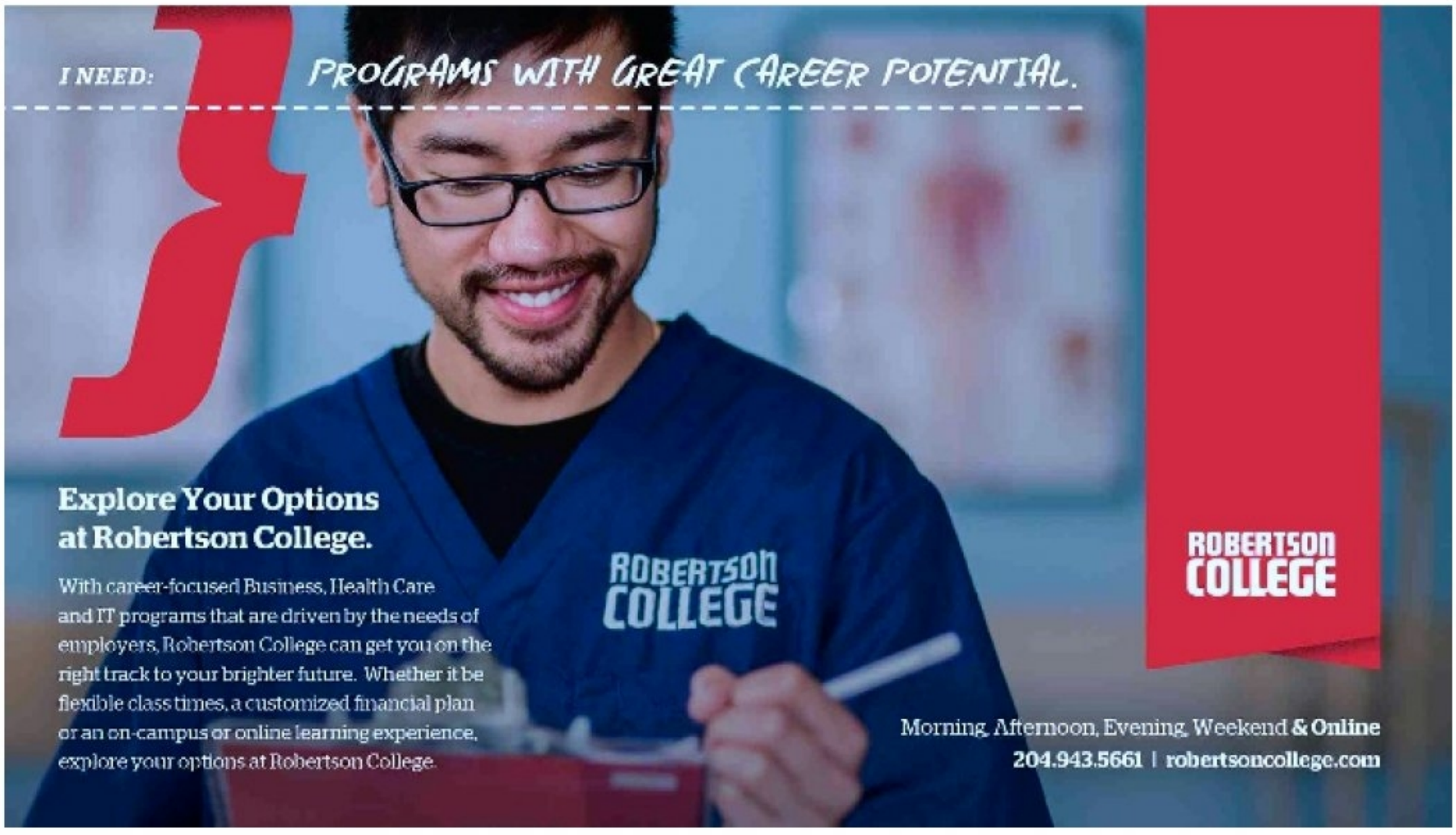
Data for this feature was provided by payscale.com, workopolis.com, statcan.gc.ca, collegesoftrade.ca, ontariocolleges.ca.

HOW TO START

A high-school diploma is usually required, as well as four or five years in an apprenticeship program – though post-secondary courses can shorten that time. There are a number of colleges and trade schools across the country that offer programs, including Sheridan and Richmond, B.C.'s ITA school, and Nova Scotia Community College. Whether through a straight apprenticeship program or a diploma, prospective tool and die makers learn how to use various machines and equipment, as well as metal forming, design and die manufacturing. Students and apprentices are then encouraged to take a trade certification – which varies province to province – though it is a voluntary test in many jurisdictions.

WHERE YOU CAN GO

There are opportunities for tool and die makers across a number of different industries, including the manufacturing, oil, mining and automotive spaces. Cities and towns with a heavy manufacturing presence, like Toronto and Oshawa, will have the most jobs, while there are also openings in the more northern parts of the country at the oil fields and mines. The high skill level required means positions are often difficult to fill, making skilled tool and die makers in higher demand.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Farm's water buffalo are the big cheese

DAIRY

Consumer demand for versatile milk is growing

Owen Roberts
Urban Cowboy

Nothing says spring like the birth of a baby animal — even if that baby is a 100-pound water buffalo, named Jolene.

Jolene was born last month at the Ontario Water Buffalo Company, about two hours east of Toronto. Owners Martin Littkemann and Lori Smith are expecting about 100 calves this spring.

Females like Jolene are particularly coveted for their milk. In four years, when she's a full-grown five-foot-tall, 2,000 pound adult, she'll be producing up to 10 litres of milk per day.

And that's music to Littkemann and Smith's ears.

Buffalo milk is a lucrative, sought-after, versatile product. It's protein rich, high in fat and low in cholesterol. This spring, Littkemann and Smith are working with commercial dairies in Toronto and elsewhere to produce new water buffalo products, including gelato and a blue cheese called Azzurro di Bufala.

Restauranteurs are catching on. Clark Day, newly minted fellow of the Ontario Hostelry Institute and owner of Bayview Farm Restaurant in Kingston, Ont., says Littkemann and Smith make some of the best cheese in the province. In his fine dining establishment, he offers the Ontario Water Buffalo Company's mozzarella — the crowning jewel of a tasty Caprese salad — along with its asiago, blue and ricotta cheese.

"Martin and Lori and talented and incredibly hard working farmers" he says, "and we are honoured to represent them at our restaurant. Their products help keep our menu varied and original."

Lori Smith gives some love to newborn calf, Jolene. PHOTOS BY LIZ BEDDALL/FOR METRO CANADA

THE FUTURE *of* FARMING

What's next for these water buffalo farmers?
Researchers at the University of Guelph and McGill University are helping the Ontario Water Buffalo Company improve the genetics of their herd. That involves modern reproductive technology, such as embryo transfer, in-vitro fertilization and artificial insemination. By the fall, the farm hopes to be exporting breeding animals.
OWEN ROBERTS/FOR METRO

Helping feed the hungry world
It's estimated that by 2050, the world will be consuming two-thirds more protein than it does today. Some experts believe indigenous animal such as water buffalo could help. "Buffalo production makes an important contribution to economic development, rural livelihood, poverty alleviation, and meets the fast-growing demand for animal protein," write B.M. Naveena and M. Kiran in the journal Animal Frontiers.
OWEN ROBERTS/FOR METRO

Herd assistant Erin Joron, left, and herd manager Caitlin West work in the milk barn.

one of the largest and most well-established of the dozen water buffalo farms in Canada.

Yet despite its size, Littkemann, Smith and their herdspeople know each animal by name.

Jolene, for example, is joining the likes of Zorra, Jamaica and Sunnie, other names found in the herd.

The water buffalo have oodles of room to roam and graze here — 450 acres, in fact. They can swim in an eight-foot-deep pond. They can wallow in whatever mud they can find.

Or they can chill.

Despite their size, water buffalo are gentle, docile animals, content to do very little. Yvette, the farm mascot, even lets people sit on her back for photos, each year during the Water Buffalo Food Festival in nearby Stirling.

And even though they are easily milked — like they are twice a day at the Ontario Water Buffalo Company, at 6 a.m. and 5 p.m. — they've never really caught on in Canada. Here, more productive breeds of dairy cows, especially Holsteins, are favoured, which give about three times as much milk per day.

But that's fine with farmers Littkemann and Smith, who have experience with conventional dairy and beef cattle. When they decided to commit to water buffalo, they weren't looking for the norm.

"We tend to take the road less travelled," says Littkemann. "We like doing something different, and in Canada, it's hard to find something more different to farm than water buffalo."

Owen Roberts is an agricultural journalist at the University of Guelph. Follow him on Twitter at @TheUrbanCowboy.

FARM *links*

Connecting with the world of water buffalo

- **Ideas for using buffalo mozzarella**
  pinterest.com/explore/buffalo-mozzarella
- **All about water buffalo**
  nationalgeographic.com/animals/mammals/w/water-buffalo
- **Water Buffalo Festival**
  ontariowaterbuffalo.ca/events.html
- **Take our poll** The name of Martin and Lori's next water buffalo calf will start with an "L." Take our **metronews.ca** poll and tell us what the calf's name should be?

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CAMP GUIDE

PREPPING YOUR NEWBIE DAY CAMPER

ISTOCK

Your daughter is about to embark a fun-filled journey with new friends and exciting adventures. The only problem? She doesn't know it yet.

Here are a few tips to help parents ease any pre-camp jitters and make the most of what will surely be the best of times.

It begins even before the camp is selected.

"One great tip that we often recommend is to choose camps with your kids," says Agnes Stawicki, managing editor at Our Kids Media. "When they're involved in it from the start they can take ownership of that decision."

Then when it comes to getting ready for camp that first morning, she says that involvement should translate into eagerness.

The next step is getting into reminder mode.

"Let them know ahead of time – say the week before – what is happening next week," says Stawicki. "You can share with them little tidbits on what is going to be happening at camp or the types of activities that they might be getting involved in. And that will again get them excited about going."

That first hurdle, she says, may be the only one that needs clearing. "Once they get there on the first day, they're typically so excited they can't wait to go back (the following day), and by the end of the week they're saying, 'No, it's already done? I want to stay longer.'"

Staying on top of the actual requirements of the camp can also reduce anxiety.

"Make sure that you have a good look at a checklist of what to bring and what not to bring," she says. "Particularly regarding food allergies, so that your child doesn't feel that they are singled out for bringing something that's not allowed."

Stawicki says homesickness is less prevalent than at sleep-away camps, partly because kids have reached school age and are accustomed to being away from home throughout the day.

"That said, speak to the camp if you feel that your child may be homesick and find out what their policies are around that," she says. "Most camps are very open with communication. Just to let you know how your child is doing, as well."

–SEAN DEASY

Building fond memories for happy campers

ISTOCK

If you grew up in Canada there's a good chance summer day camps are among your most cherished childhood memories. And with good reason: they were all about fresh air, new friends and fun activities.

Today, the summer day-camp landscape may look somewhat different — but fun times are still the focus. And with a wider array of diverse activities — and, in some cases, an emphasis on learning and strengthening leadership skills — day camps of 2017 truly aim to please everyone.

A glimpse at the roster of day camps available in most Canadian cities show programs centered on super heroes, ninjas, warrior training animation, film, video-game design, fashion-design, make-up artistry, and even Minecraft and Lego. There's also a rock-band camp where kids not only sharpen their musical skills but also gain insights into the business side of being in a band.

Of course sports camps still largely dominate the scene, but now they include relatively uncommon athletics such as fencing.

"There is a camp that's going to be a right fit for your child," says Agnes Stawicki, managing editor at Our Kids Media. "And it'll be a camp that they're going to absolutely love."

Day camps that focus on learning are on the rise, she says.

"A big trend that we have seen really grow over the last few years has been around S.T.E.M. — science, technology, engineering and math camps," says Stawicki, who adds that nearly all day camps retain a physical component in addition to the core pursuit.

"Of course it's important that kids are playing, getting the fresh air and physical activity through out the summer," she says. "It's not just that their minds are active and being engaged, but their that bodies stay active throughout the summer months as well."

Some longer term benefits of attending a summer day program, says Stawicki, include making new friendships, developing social skills and building confidence.

"Within a camp setting often you're put into situations where you need to resolve your own issues, learn how to follow well, or lead a particular group," she says. "That allows kids to build confidence and resilience they need in life."

–SEAN DEASY

Kids will roar with excitement as they explore life at the zoo

ASSINIBOINE PARK CONSERVANCY

The Assiniboine Park Conservancy's Zoo Camp gives kids the chance to go behind the scenes at the zoo to learn about the animals and what goes into taking care of them from the zookeepers themselves.

"We're giving the campers an experience that they can't get by coming to the zoo with mom or dad," says Bran Adams, an education coordinator at the zoo and the man behind the themes and activities planned for this summer's week-long camps.

The day camps are open to kids aged five to 12, and Adams says each day sees the kids heading out to explore and learn about a different part of the park and zoo.

This year's two themes include a super hero week where campers discover the super powers of animals like spiders and bats and what they can do to protect wildlife and wild places. The second week's theme is 'Zoo Rangers', which Adams says will focus on what goes into being a zookeeper.

He says campers get the chance to meet zookeepers and even get to handle some of the animals.

WE'RE GIVING THE CAMPERS AN EXPERIENCE THAT THEY CAN'T GET BY COMING TO THE ZOO WITH MOM AND DAD.

– Bran Adams

"We've got snakes, turtles, geckos, snails, and we've also got some larger snakes and caiman that are brought in as well," says Adams, noting the hands-on part of the day won't include tigers or polar bears.

Campers also venture out of the zoo to explore the rest of the park, including the conservatory, the nature playground, the gardens and the duck pond, and Adams says kids also go on wagon rides with the zoo's heavy horses, and get to check out the dinosaurs, which are returning to the zoo this summer.

Campers also participate in games and activities that help them learn about the animals, and at the end of the week, Adams says the campers get to give the animals a special craft they made during their week at camp.

"They create what we call an enrichment items for an animal, and then they get to watch the animal play with and maybe even destroy it," says Adams. "It's always fun and quite an experience for the kids."

For more information about Assiniboine Park Conservancy's Zoo Camp, go to assiniboinepark.ca/zoocamp.

Summer Camp

offered weekly in July and August

Let them go wild at Zoo Camp! Campers enjoy fun-filled days exploring the Park and Zoo, learning about animals and nature, and making new friends.

- Meet our zookeepers
- Go behind the scenes at the Zoo
- Enjoy a daily animal encounter

Summer Camp is designed for children ages 5 to 12.

Sign up for Cubs *(nursery – kindergarten)*, Polar Bears *(Gr. 1 – 3)* or Junior Researchers *(Gr. 4 – 6)*.

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Don't delay, sign up today!

ZOO CAMP

Zoo Assiniboine Park

Budding athletes destined to score with revamped gym floor

Youth at Wesmen camps will be the first to hit the new centre court, built for the 2017 Canada Summer Games

Young athletes taking part in the University of Winnipeg's Wesmen camps this summer will be the first to use a new gym floor installed in the Duckworth Centre for the 2017 Canada Summer Games.

"Our centre court is going to be completely redone and revamped," says Sheldon Appelle, sports information coordinator with the U of W. "The same facilities we use for our camps were picked for the 2017 Canada Summer games, so they obviously are top-notched, and we're proud to be hosting both wrestling and basketball events for the games this summer."

The Wesmen camps, which have run for more than 40 years at the U of W, will have to make some changes to their schedule this summer to accommodate the games, says Appelle.

The week-long camps will start July 3 and run for a few weeks before taking a break for the 2017 Canada Summer games, which come to Winnipeg July 28 to Aug. 13. The Wesmen camps will pick up again after the games and run for the remainder of the summer.

What won't change this year, says Appelle, is the high-calibre Wesmen coaches who will lead the camps, which this summer include basketball, women's volleyball and soccer, and a multisport option that touches on a variety of sports and activities.

The list of coaches include Diane Scott, who has been a head coach at the U SPORTS level for 22 years; Mike Raimbault, who has coached men's basketball at the U of W for several years; Tanya McKay, a women's basketball coach with 21 years experience coaching at the U SPORTS level; and Amy Anderson, a U of W women's soccer coach who previously played professionally in England.

"These coaches bring over 50 years of combined experience," says Appelle, noting

KELLY MORTON

Wesmen athletes round out the coaching teams and ensure a ratio of six kids per coach in each camp.

The camps are open to kids of all athletic abilities in Grades 1 through 12, and as well as the Winnipeg camps, two additional volleyball and basketball camps will be held in Kenora, Ont. as well.

For more information on the camps go to wesmen.ca.

UNIVERSITY OF WINNIPEG
WESMEN
THE UNIVERSITY OF WINNIPEG WESMEN
SPORT
CAMPS
SUMMER 2017
• Weeklong Camps in July and August
• Boys and Girls Grades 1-12
• Basketball (Boy's and Girl's), Volleyball and Soccer (Girl's)
• Steve Nash Youth Basketball Program
• Kenora Outreach Camps (Volleyball & Basketball Camps)
• All Winnipeg Sessions Take Place at the Duckworth Centre and Axworthy Rec Plex on the campus of the University of Winnipeg
• 6 to 1 coach to athlete ratio
Wesmen Head Coaches active in camps
• Register Online at wesmen.ca
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metro SPORTS

"I just want to fight everyone, man": Londoner Anthony Joshua who stopped Wladimir Klitschko in the 11th Round on home soil at Wembley Stadium

Preds say it McLeod and clear

NHL PLAYOFFS

Nashville's hot home form rolls on to lead Blues 2-1 in series

Cody McLeod scored the game-winner early in the second period, and the Nashville Predators beat the St. Louis Blues 3-1 Sunday to grab a 2-1 lead in their Western Conference semifinal.

Defencemen Ryan Ellis and Roman Josi also scored, and Colton Sissons added two assists. The Predators outshot St. Louis 34-23, and they now have won seven straight playoff games on home ice, including all three this post-season.

Alexander Steen scored for the Blues, who lost for the first time on the road this post-season.

Blues goalie Jake Allen kept St. Louis in this game before being pulled by coach Mike Yeo for the extra attacker with more than 4 minutes remaining and took his time-out with 1:25 left. Nashville goalie Pekka Rinne finished with 22 saves, including a flurry of stops to preserve the win.

Game 3 is Tuesday night.

St. Louis came in undefeated on the road this post-season after winning three in Minnesota in the first round, while the Predators won both games in Nashville while sweeping Chicago.

The Blues also had won nine of their last 10 road games overall.

The Predators never got the man advantage in losing Game 2 in St. Louis, and they got their first nearly midway through the first period.

GAME 3 In Nashville

	1	2	3
St. Louis	0	0	1
Nashville	1	2	0

Just after the power play ended, Ellis gave Nashville a 1-0 lead with his slap shot from near the blue line at 10:34 off assists from Filip Forsberg and P.K. Subban. Ellis now has a point in six straight playoff games, extending his franchise record for a defenceman and also leading the Predators.

Blues goalie Jake Allen reaches back to make a save on a shot from Viktor Arvidsson on Sunday in Nashville. Allen made 31 saves to the 22 pucks stopped by Predators goalie Pekka Rinne, but St. Louis still lost 3-1. MARK HUMPHREY/THE ASSOCIATED PRESS

McLeod gave Nashville a 2-0 lead with his first goal of the post-season just 2:29 into the second period with a backhander past Allen.

That goal came shortly after the Blues killed their third penalty of the game.

St. Louis, which took eight of the first 12 shots, went without a shot through nearly 13 minutes of the second period without an attempt on Rinne. Then Steen tipped in a shot by Alex Pietrangelo at 12:59 to pull St. Louis within 2-1.

The Blues had a chance to tie it up late in the second with a 2-on-1, but Rinne stopped the shot from David Perron from the slot. Nashville outshot St. Louis 18-4 in the period.

Blues defenceman Robert Bortuzzo had a shot go off the post within the first five minutes of the third.

Josi scored on a slap shot with 5:49 left to prompt yet another standing ovation by the standing-room only crowd.

THE ASSOCIATED PRESS

NBA PLAYOFFS

Mourning Thomas stars in Boston win

Isaiah Thomas had 33 points and nine assists, and the Boston Celtics made 19 3-pointers to beat the Washington Wizards 123-111 Sunday and take a 1-0 lead in their Eastern Conference semifinal matchup.

Thomas played just a day after attending the funeral for his sister, who died in a car accident last month outside of Tacoma, Washington.

Al Horford added 21 points, 10 rebounds and nine assists. Jae Crowder finished with 24 points. The Wizards were more energetic at the outset, jumping out to a 16-0 advantage and leading by as many as 17 points. But the Celtics rallied in the second quarter with Thomas briefly sidelined after getting one of his two front teeth knocked out.

GAME 1 In Boston

	1	2	3
Boston	123		
Washington	111		

Bradley Beal led Washington with 27 points. John Wall added 20 points and 16 assists.

Washington starter Markieff Morris played just 11 minutes before leaving with a sprained left ankle in the second quarter.

THE ASSOCIATED PRESS

IN BRIEF

Hayward and Jazz send the Clippers packing

Gordon Hayward scored 26 points and the Utah Jazz easily eliminated the Los Angeles Clippers on Sunday with a 104-91 victory, winning the first-round playoff series 4-3. George Hill and Derrick Favors added 17 points apiece in Utah's first post-season victory since 2010.

The Jazz advanced to face top-seeded Golden State in the Western Conference semifinals. The Warriors swept Portland 4-0. Game 1 is Tuesday in Oakland. THE ASSOCIATED PRESS

Rendon key to Nationals' record win over the Mets

Anthony Rendon had 10 RBIs, three home runs and six hits as the Washington Nationals took advantage of Noah Syndergaard's injury and mauled the New York Mets 23-5 on Sunday to set a franchise scoring record.

Rendon went a career-best 6 for 6 and scored five times while setting a club mark for RBIs.

THE ASSOCIATED PRESS

Alli and Kane sink Arsenal to earn derby win for Spurs

Tottenham shifted the balance of power in north London's soccer rivalry by securing its first Premier League finish above Arsenal in 22 years with a 2-0 victory over its neighbour on Sunday.

Arsenal imploded in the second half to hand Tottenham a ninth consecutive league win. Dele Alli scored the first with Harry Kane burying the second from the spot.

THE ASSOCIATED PRESS

Bottas beats Vettel to finish line for first F1 win

Valtteri Bottas claimed his first Formula One win on Sunday after holding off a late charge from Sebastian Vettel in the Russian Grand Prix.

Mercedes driver Bottas, a 27-year-old Finn who started third but slipstreamed into the lead off the start, finished 0.6 seconds ahead of Ferrari's Vettel. Kimi Raikkonen took third in the second Ferrari, 10.3 seconds further back.

THE ASSOCIATED PRESS

MAKE IT TODAY

Healthy Peanut Butter and Jelly Smoothie

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Try this healthy morning drink that harkens back to a childhood favourite: the pb&j. If allergies are an issue, feel free to swap almond, cashew or sunflower butter for peanut butter.

Ready in: 5 minutes
Prep Time: 5 minutes
Serves: 2

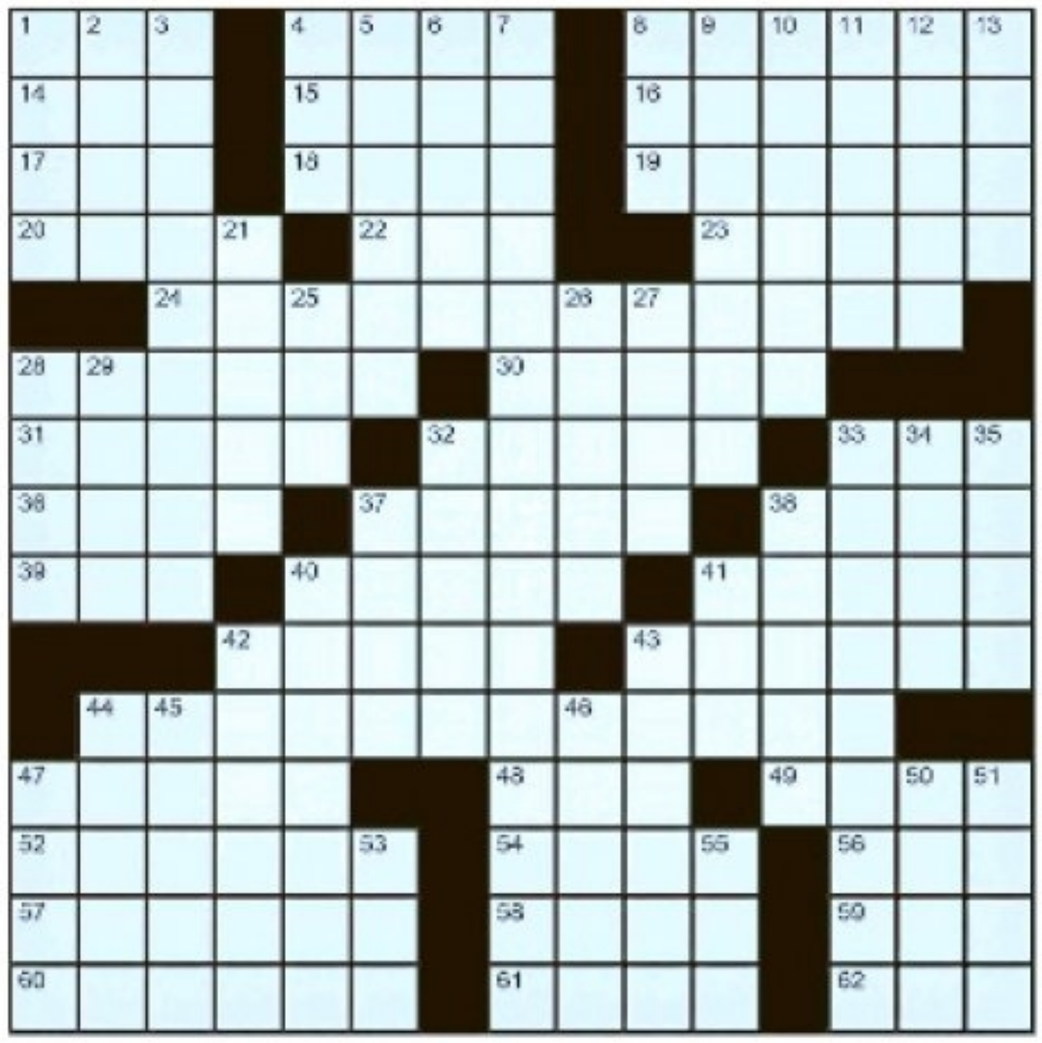
Ingredients
- 1/4 cup frozen blueberries
- 1/4 cup frozen blackberries
- 1/4 cup frozen raspberries
- 1/3 cup Greek yogurt
- 1 heaping Tbsp peanut butter
- 3/4 cup almond milk
- 1 date

Directions
1. Place the date at the bottom of your blender and then all of the other ingredients. Whiz until you get a smooth consistency.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Opera singing style, _ canto
4. Stuff emptied from beach shoes
8. Skyping need
14. 108-card game
15. 'Very', hip-style
16. Put on a frock as a court professional
17. VJ's network
18. Attraction
19. Word origin
20. Li'l favoured choice
22. _-Aztecan languages
23. Viking manoeuvers
24. Traditional folk performance around a streamers-decorated post: 2 wds.
28. Reduced salary
30. _, Michigan
31. E! reality series, for short
32. Bracelet location
33. P-to-T link
36. Pate de foie _
37. Red veggies
38. Subatomic particle
39. Enunciate
40. Wedding gown wearer
41. English dramatist, George _ (Contemporary of William Shakespeare)
42. Do something beneath one's dignity
43. Farm formation for foals
44. 'As Long As Your Eyes Are Wide' is this Vancouver band's new album: 3 wds.
47. Sharp weapons
48. Roman myth household deity
49. Fleece
52. "Welcome to our home.": 2 wds.
54. Trim
56. "Bambi" (1942) character
57. Exceed
58. "Step _ _ pets." (Furry friends palindrome)
59. Time off letters
60. More succinct
61. Turndowns in the Highlands
62. "Move Your Body" singer

DOWN
1. Knocked noggin result
2. Doorway, e.g.
3. 'It's a new road' in this Psychedelic Furs tune: 3 wds.
4. South: French
5. Like a sudden ending
6. "Fab!"
7. Physician who was Montreal's mayor from 1854 to 1856: abbr. + first name + last name
8. Small
9. Competitor
10. Women's fashion chain, Lane _
11. Comedian
12. Home
13. YMCA part
21. Actualities
25. Sound of laughter
26. Upper crust
27. Univ. treatise
28. Puny parcels
29. Glowing light
32. Consider the options
33. Denizens of Longueuil's province
34. Tire-moving maneuver
35. Snick-or-_
37. The _ Awards (Music honours across the pond)
38. Restaurant offerings
40. Place to place a night table
41. Org. in Jeannie C. Riley's 1968 hit
42. Scuba professionals
43. One might have icons and candles
44. Pushily push
45. Archer, when pointing
46. 1979: "I _ Be Your Lover" by Prince
47. Aberdeen's country, briefly
50. Years, in old Rome
51. Rooney of "The Social Network" (2010)
53. Lofoten's li'l land
55. Blood type designation, for short

✷ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
If you can play hooky today or cocoon at home, you'll be happy to do so. Somehow, you don't feel ready to greet the world this Monday morning. (Sigh.)

Taurus April 21 - May 21
Today you will use your emotions to make important decisions. However, be careful, because hunches are not always right. Use caution to prevent accidents today.

Gemini May 22 - June 21
Be mindful of your money and your possessions today, because something out of the blue might cause you to lose money or break something you own. Be careful.

Cancer June 22 - July 23
You feel restless and rebellious today. You might be obsessed with an idea or something unusual or different. Guard against accidents. Slow down.

Leo July 24 - Aug. 23
Today is a tough Monday. Things are unpredictable, and it's hard to stay focused. Just do your best to keep treading water. (That's all you can do.)

Virgo Aug. 24 - Sept. 23
A friend might surprise you today. Alternatively, you might meet a real character — someone who is different or unusual. Either way, this is not a boring day!

Libra Sept. 24 - Oct. 23
You might be high-viz for some unexpected reason, especially when dealing with parents, bosses and VIPs. (Incidentally, this includes the police.) Be aware.

Scorpio Oct. 24 - Nov. 22
Travel plans and schedules for postsecondary schools are subject to unexpected changes and delays today. You can count on this. Allow extra time so that you have wiggle room to cope.

Sagittarius Nov. 23 - Dec. 21
Stay on top of matters related to inheritances, taxes, debt and shared property so that you are not caught off guard today. Something unexpected will affect these areas.

Capricorn Dec. 22 - Jan. 20
Conversations with your partner or a close friend will be touchy today, because people are rebellious and independent. This person doesn't want to cooperate.

Aquarius Jan. 21 - Feb. 19
Your work routine will be interrupted with equipment breakdowns, computer crashes, staff shortages and canceled meetings today.

Pisces
Feb. 20 - March 20
This is an accident-prone day for your children so be extra vigilant. Likewise, social plans might suddenly change. Oops! This also is a rocky day for romance.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	3		8		2			
		9				1		5
	4			6			9	
1								8
		3		8		7		
4								6
	6			3			2	
9		8				6		
			6		9		1	

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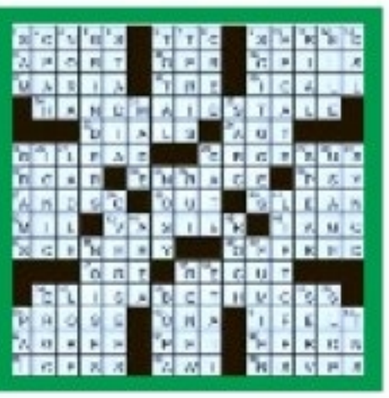
1	8	2	6	3	4	9	7	5
4	7	9	2	8	5	3	1	6
3	6	5	9	7	1	2	4	8
5	4	7	1	9	3	6	8	2
9	3	6	7	2	8	1	5	4
2	1	8	5	4	6	7	3	9
8	2	3	4	1	9	5	6	7
6	9	4	3	5	7	8	2	1
7	5	1	8	6	2	4	9	3



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GNC
GUESS? Outlet
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